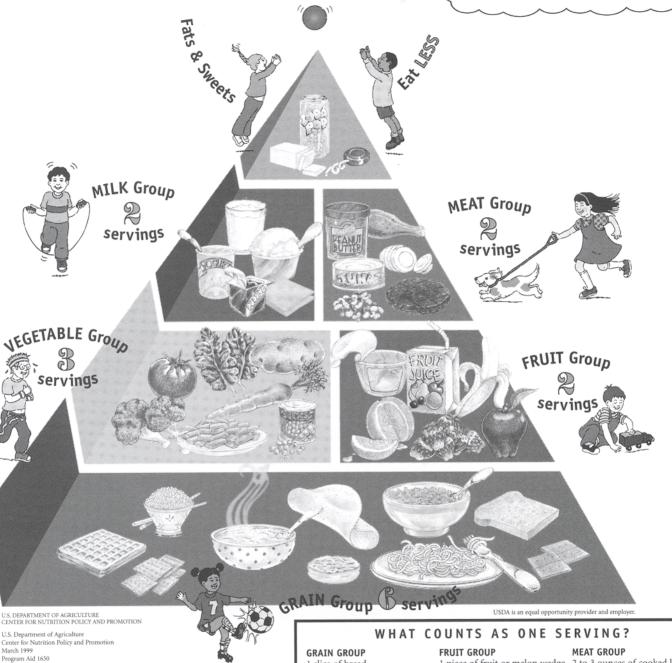
ior Young Children

A Daily Guide for ? **2-** to **6-**Year-Olds



FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

GRAIN GROUP

1 slice of bread 1/2 cup of cooked rice or pasta 1/2 cup of cooked cereal 1 ounce of ready-to-eat cereal

VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables 1 cup of raw leafy vegetables

FRUIT GROUP

MILK GROUP

1 piece of fruit or melon wedge 2 to 3 ounces of cooked lean 3/4 cup of juice 1/2 cup of canned fruit

1/4 cup of dried fruit

1 cup of milk or yogurt 2 ounces of cheese

MEAT GROUP

meat, poultry, or fish.

1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

S AND ENJOY! variety